

**CLAIMS:**

1. A leg pad comprising a strap and a shin guard extending along a wearer's shin and wrapping partially around a wearer's leg, said strap comprising
  - (a) a first section affixed to said shin guard, said first section comprising a rear surface facing said shin guard and a front surface comprising a front affixing portion;
  - (b) a second section extending from said first section, said second section comprising a rear surface; and
  - (c) a third section extending from said second section, said third section comprising a rear surface having a rear affixing portion, wherein, in use, said rear surface of said second section faces a back portion of the wearer's leg, and said third section at least partially overlaps said first section such that the wearer can engage said rear affixing portion of said third section with said front affixing portion of said first section for securing said leg pad to the wearer's leg.
2. A leg pad as defined in claim 1, wherein said first section of said strap is adapted for releasably affixing said strap to said shin guard.
3. A leg pad as defined in claim 2, wherein said shin guard comprises a left side and a right side, at least one of said left side and said right side comprising an aperture for receiving said strap.
4. A leg pad as defined in claim 3, wherein said first section comprises a first end portion, said first end portion wrapping around the edge of said shin guard; passing through said aperture; and being affixed to a remaining portion of said first section.

5. A leg pad as defined in claim 4, wherein said first end portion comprises a back surface, said back surface being adapted for affixing to said rear surface of said remaining portion of said first section.
- 5 6. A leg pad as defined in claim 5, wherein said back surface comprises one of hooks and loops and wherein said rear surface comprises the other one of hooks and loops.
7. A leg pad as defined in claim 1, wherein said first section comprises a first end  
10 portion that is stitched to said shin guard for affixing said strap to said shin guard.
8. A leg pad as defined in claim 1, wherein at least a portion of said second section comprises elastic.
- 15 9. A leg pad as defined in claim 1, further comprising a knee guard for covering a wearer's knee.
10. A leg pad as defined in claim 9, wherein said shin guard and said knee guard  
20 are made of a rigid material.
11. A leg pad as defined in claim 10, wherein said rigid material is plastic.
12. A leg pad as defined in claim 11, wherein said shin guard comprises a groove  
25 for receiving said strap.
13. A leg pad as defined in claim 12, wherein said shin guard comprises a padding liner and an inner padding.
- 30 14. A leg pad as defined in claim 4, wherein said first end portion comprises a projecting tab for facilitating removal of said third section from said first section.

15. A leg pad as defined in claim 13, wherein said padding liner and said inner padding are made of from foam material covered by layers of woven synthetic yarn.
- 5 16. A strap for a leg pad that comprises a shin guard extending along a wearer's shin and wrapping partially around a wearer's leg, said strap comprising:
- 10 (a) a first section for affixing said strap to the shin guard, said first section comprising a rear surface for facing the shin guard and a front surface comprising a front affixing portion;
- (b) a second section extending from said first section, said second section comprising a rear surface; and
- 15 (c) a third section extending from said second section, said third section comprising a rear surface having a rear affixing portion, wherein, in use, said rear surface of said second section faces a back portion of the wearer's leg, and said third section at least partially overlaps said first section such that the wearer can engage said rear affixing portion of said third section with said front affixing portion of said first section for securing said leg pad to the wearer's leg.
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